

Alpert and other publications in The American Journal of Medicine and elsewhere with advice for doctors and the lay public about nutrition

1. **Alpert JS** : The Great Meat Debate. Am J Med. 2020 Jul;133(7):769-770. doi: 10.1016/j.amjmed.2020.02.002. Epub 2020 Feb 19.PMID: 32087100.
2. **Alpert JS: Diet** Redux: Which Food Type Leads to Heart Attacks? Am J Med. 2018 Sep;131(9):989-990. doi: 10.1016/j.amjmed.2018.03.043. Epub 2018 Apr 21.PMID: 29684321.
3. **Alpert JS**: What diet should we recommend to patients? Am J Med. 2006 Sep;119(9):715-6. doi: 10.1016/j.amjmed.2006.07.015.PMID: 16945601.
4. **Alpert JS**: Cardiology patient page. **Nutritional** advice for the patient with heart disease: what **diet** should we recommend for our patients? Circulation. 2011 Sep 6;124(10):e258-60. doi: 10.1161/CIRCULATIONAHA.111.019828.PMID: 21900090.
5. **Alpert JS**: Doctor, can I eat salmon? Curr Cardiol Rep. 2005 Mar;7(2):79-80. doi: 10.1007/s11886-005-0016-4. PMID: 15717952.
6. **Alpert JS**: "Hey, doc, is it OK for me to drink coffee?". Am J Med. 2009 Jul;122(7):597-8. doi: 10.1016/j.amjmed.2009.01.011. PMID: 19559157.
7. Dalen JE, Devries S, **Alpert JS**, Willett W: It's time to replace organic chemistry with nutrition as a pre-med requirement. Am J Med. 2015 Oct;128(10):1048-9. doi: 10.1016/j.amjmed.2015.06.002. Epub 2015 Jun 18.PMID: 26093173.
8. **Alpert JS**, Chen QM. Microwaving Food in Plastic Containers. Am J Med. 2022 Jul 16:S0002-9343(22)00523-X. doi: 10.1016/j.amjmed.2022.07.003. Epub ahead of print. PMID: 35853480.
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11. Patel N, Kalra R, Bhargava A, Arora G, Arora P. Ideal Cardiovascular Health Among American Adults After the Economic Recession of 2008-2009: Insights from NHANES. *Am J Med*. 2019 Oct;132(10):1182-1190.e5. doi: 10.1016/j.amjmed.2019.06.004. Epub 2019 Jul 3. PMID: 31278932; PMCID: PMC7048007.
12. Baty V. Do Physicians Need a Storyteller Education in the Field of Nutrition? *Am J Med*. 2019 Jun;132(6):e593. doi: 10.1016/j.amjmed.2018.07.013. Epub 2018 Aug 24. PMID: 30149888.
13. Smith L, Grabovac I, Jackson SE, Veronese N, Shang C, López-Sánchez GF, Schuch FB, Koyanagi A, Jacob L, Soysal P, Yang L, Zhu X. Chocolate Consumption and Indicators of Adiposity in US Adults. *Am J Med*. 2020 Sep;133(9):1082-1087. doi: 10.1016/j.amjmed.2020.01.020. Epub 2020 Feb 15. PMID: 32067980.